



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **POSTURE FOR HEALTH**

## **Feel At Ease and Avoid Pain**

**Sidney Anderson, Physical Therapist**

**Thursday, December 7**

**OR**

**Monday, December 11**

**12-1pm**

**Bellingham 4<sup>th</sup> Floor Conference Room**

Sidney Anderson PT is a licensed physical therapist with over 30 years experience. She is also a Stott Certified Pilates Instructor and a Certified Better Bones and Balance Instructor.

Sidney knows from experience how important posture can be in preventing injury and lessening pain. She enjoys seeing Physical Therapy and Private Pilates clients at her home office.

**For more information call Tammy, 360-733-8630.**